

SCANDINAVIAN POLKA

This is a dance which has been danced by local groups for a number of years, to Scandinavian polka music. The origin is unknown

MUSIC: Record: Harmony #1 "Scandinavian Polka", Standard F-11054-B

FORMATION: Couple facing each other with inside hands joined, arranged in large circle. Progression counter-clockwise.

STEPS: Three-step turn*

Music (2/4)

PATTERN

Measure

1-2

Each make a three-step turn away from each other (M to L, W to R), clapping on last beat of 2nd meas.

3-4

Repeat in opposite direction (M to R, W to L).

5-6

M walks fwd. in LOD with 4 steps, starting with L, while W makes a three-step turn to her R. At end of this action M turns slightly to face partner and to assume shoulder-waist position. On the last beat of the 6th meas., W steps fwd. on her L as she joins with M in shoulder-waist position.

7-8

Couples in shoulder-waist position do a "twirl" progressing fwd. in 4 cts. (In ballroom dancing this turn is called "twirling.") The M starts on L and W on R, the ft. must be kept close to partner's ft., and the M's R is always beside and close to the W's R. Steps are made evenly on the beat. Partners should lean away from each other so as to attain balance and momentum in the turn. M should take care to end with back to center of circle, ready for repetition of the dance.